

# The State of Spartan Health 2020

## Fitness & Nutrition

Studies show that average weight gain for a college freshman is less than four pounds, thereby debunking the myth of the “freshman 15”.

Regular exercise can improve mental and physical health; fight depression, anxiety and stress; improve mood, self-esteem, energy and quality of sleep; and help you meet and connect with new people.

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## Of MSU Students<sup>1</sup>:



Report being at the correct weight or slightly underweight.

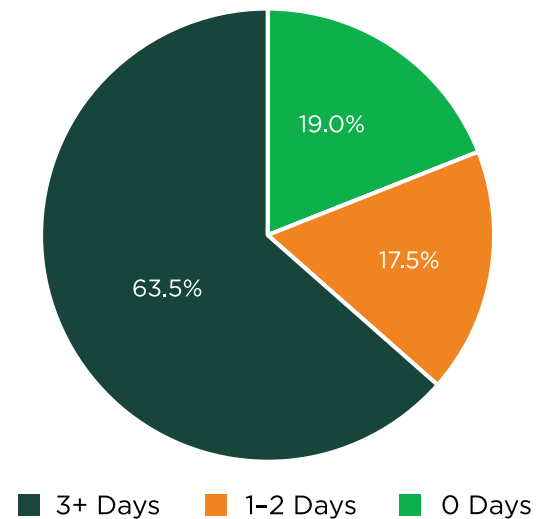


Reported trying to lose weight even though they were not overweight.



Did muscle-strengthening or toning exercises two or more days in the past week.

Days Per Week Students Participated in 20 Minutes of Vigorous Exercise or 30 Minutes of Moderate Exercise (2020)



## Campus Resources

**Nutrition Counseling:** Schedule a free appointment with a nutritionist by calling (517) 353-4660.

**SPARTANfit:** A tailored, goal-oriented assessment and plan. Available to students, faculty and staff by appointment. Visit [healthpromotion.msu.edu/fitness](http://healthpromotion.msu.edu/fitness) to learn more.

**Spartan Body Pride:** A registered student organization that promotes positive body image.

**Wellness Coaching:** A collaborative process that helps you to achieve your goals. Call (517) 353-7868 to schedule your free session.

## Tips for Students

Eat for good nutrition. Choose a variety of foods, including those you enjoy.

Stay active! Join the SPARTANfit program or take advantage of opportunities like group exercise classes, intramural sports or club sports that the Rec Sports department offers (visit [recsports.msu.edu](http://recsports.msu.edu)).

Use the many green and outdoor spaces, as well as fitness centers on campus or around East Lansing.

Trust your body. By eating well and being physically active, your body will settle at a weight most natural for you.